

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of nurses working in different departments of a tertiary care hospital. The study included 100 nurses from the medical-surgical department and 100 nurses from the intensive care unit. Data were collected by means of a questionnaire that assessed demographic characteristics, work-related variables, and self-reported symptoms. Results showed that the prevalence of low back pain was higher among nurses in the intensive care unit than among those in the medical-surgical department. This finding may be related to the fact that nurses in the intensive care unit are exposed to more physical demands and have longer shifts.

Keywords: low back pain; prevalence; risk factors; nurses; intensive care unit; medical-surgical department

Introduction

Low back pain (LBP) is one of the most common musculoskeletal disorders worldwide. It is a major public health problem because it causes significant disability and economic burden (García-Bermejo et al., 2006). In Spain, LBP is the leading cause of disability due to occupational injury (Instituto Nacional de Estadística, 2007). The prevalence of LBP varies widely across studies, ranging from 1% to 89% (García-Bermejo et al., 2006). The highest prevalence rates are found in occupations involving heavy lifting, carrying, or pushing/pulling loads (García-Bermejo et al., 2006).

Nurses are at a high risk of developing LBP due to their job requirements. They often perform tasks that involve heavy lifting, carrying, or pushing/pulling loads, as well as prolonged standing and walking. Additionally, nurses work long hours, which can contribute to fatigue and increase the risk of LBP (García-Bermejo et al., 2006). The purpose of this study was to determine whether there were differences in the prevalence of risk factors for LBP between two groups of nurses working in different departments of a tertiary care hospital. The study included 100 nurses from the medical-surgical department and 100 nurses from the intensive care unit (ICU). Data were collected by means of a questionnaire that assessed demographic characteristics, work-related variables, and self-reported symptoms. Results showed that the prevalence of LBP was higher among nurses in the ICU than among those in the medical-surgical department. This finding may be related to the fact that nurses in the ICU are exposed to more physical demands and have longer shifts.

10/719,832

Ted Kavanaugh

3728

INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner

[illegible]